



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

November 2020



Internal Staff Promotions

Congratulations to Clarissa and Ashley on their new roles!

Clarissa will be our Home Care Aid Lead and will be helping with the scheduling and communications with clients and Nurse Scarleth.

Ashley now has a dual role as our Home Care Aid and our Community Health Representative (CHR).

Annette is still a CHR but we have her very busy supporting our Nurse Scarleth.

I am very proud of our Team and how we are growing!

Tina Draney

For information on any activities taking place this month or to make ride arrangements, please contact one of our offices.

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spence's Bridge, BC, V0K 2L0

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: nadine.methot@hssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: corynn.revely@hssbc.ca

Visit our Facebook Page! <https://www.facebook.com/groups/462213130612032/?ref=bookmarks>

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HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY



VALUE STATEMENT

Ten generations from now the members of our society will continue to be healthy spiritually, emotionally, mentally and physically through established awareness, education and prevention programs based on Nlaka'pamux traditions, culture and values complimented by modern medicines and methods.

Heskw'en'scutxe will consciously strive to realize its vision through communications, visibility in the communities, development of programs and continual improvement of the delivery of health services in these areas: home visits; home care for elders; youth companionship to elders; transportation; meals on wheels; community luncheons; and fitness center's

MISSION STATEMENT

Serving the Cook's Ferry and Siska Bands, Heskw'en'scutxe Health Services will direct energies into the well-being of our people through the use of traditional Nlaka'pamux and modern medicines/method; we are working to end our people's dependencies and empowering Nlaka'pamux towards rebuilding healthy families and communities.

Our offices will be closed on Wednesday, November 11, 2020 in honor of Remembrance Day. Remember to follow Covid-19 guidelines and maintain social distancing over the holiday.

Be Safe everyone!



Heskw'en'scutxe Health Services

- Open from Monday to Friday from 8:30 A.M. to 4:30 P.M.
- For any emergencies outside of office hours, please call your family for support or dial 811 to talk to a nurse or 911 .
- The Society receives funding from the First Nation Health Authority.
- Funding and programming is reserved for community members living on reserve and to support self-sufficiency.
- During this time of Pandemic, our services have been modified due to observing social distancing.
- We are continuing offering home care community nursing along with our Health Care aids, Community Health representative support.
- Thank you for letting us help you the best way we can in this unprecedented time.



FUNDING FOR MEDICATION PICK UP



The First Nations Health Authority is supporting communities to coordinate medication delivery and pickup for all community members.

Clients whose communities are not coordinating medication delivery or pickup may be eligible for temporary mileage coverage to pick up their medications.

Clients should contact Nadine Methot, Patient Travel clerk @250.458.2212 to request mileage coverage for medication pickups.

Clients without a Patient Travel clerk can contact Health Benefits at 1.855.550.5454 to request mileage coverage.

**PROGRAMS OFFERED IN BOTH OUR COMMUNITIES
WE HAVE 2 NURSING PROGRAMS**

COMMUNITY HEALTH NURSING PROGRAM

- * Communicable disease control (e.g. Pandemic Emergency Operations Center (EOC), immunization, tuberculosis screening and treatment, handwashing education, etc.),
- * Maternal-child health (e.g. prenatal, postnatal, and Well Baby clinics),
- * Disease screening (e.g. diabetes and heart disease screening)
- * Harm reduction (e.g. distribution of condoms, injection and inhalation supplies, and naloxone kits).

WHAT IS HOME & COMMUNITY CARE NURSING PROGRAM?

- * Nursing care (e.g. chronic disease management; medication administration; wound, ostomy, and catheter care; post-hospital care; palliative care; etc.)
- * Personal care (e.g. bathing, toileting, foot care and meal preparation)
- * Referral for medical equipment (e.g. walker, shower chair, bedside rail, etc.)
- * Referral for occupational therapy, physiotherapy, dietician, and diabetes educator services.
- * Requires a Care Plan conducted by the Nurse

Nurse Scarleth would be happy to hear from you!

Hentle,

I hope everyone that wanted a flu shot received their immunization! It helps keep us all safer.

November 11th is Remembrance Day. This year we will have to consider safer ways to celebrate. The usual ceremonies will be smaller or canceled to follow COVID19 safety protocols. One way we can celebrate is to do research on your family to determine if anyone has served in any capacity and to celebrate them with online posts and messages. Another way to celebrate Remembrance Day is to research the history of wars. Have you heard of the “Canyon War”? There is a video documentary of the Canyon War that happened in 1858. It was filmed on location in the Fraser Canyon and tells the story of the Nlaka’pamux gathering support from neighbouring Territories to defend our land from the American gold panning militias that were invading, looting, and killing for gold. I highly recommend watching “Canyon War The Untold Story”. This documentary is hosted by Dr. Daniel Marshall and Kevin Loring.

Please continue to follow Dr. Bonnie Henry's advice to social distance or wear a mask, keep our “bubbles” small, wash or sanitize hands and surfaces often, do not touch your face, and do not share food or drinks, utensils, or towels. We will be in this pandemic until a vaccine is created and we cannot let our guards down. The First Nations Health Authority website has lots of information to help you stay safe and informed. Navigating online information can be a challenge so I recommend only using the BCCDC website along with Interior Health and Heskwen'scutxe for information as other sources may not be accurate.

I was on a conference call with Dr. Bonnie Henry and it was reported that there is some resistance and non-compliance from some First Nations people to not get tested when recommended, not following self-isolation rules and not cooperating with the contact tracing process. Please follow all recommendations as it will keep you and the rest of your household members safe as well as keeping our whole community safer. If you are concerned about the direction you are given by Interior Health or the BC Center for Disease Control, please contact Heskwen'scutxe and we can help you navigate the system.

To encourage people to follow the “rules” HHSS will provide shopping services for basic needs while people are self-isolating. Give us a call to access our service. As always please provide as much notice as possible so staff and vehicles can be scheduled.

Please give the office a call, email, or write a letter if you have any questions or you are unsure about whether we will provide a desired service, or if you have any questions about services we are currently providing. If you would like to make any suggestions or requests for services, we are here to listen and assist in finding solutions.

Take Care of each other,

Tina Draney
Acting Health Manager

250-458-2212

Tina.draney@hssbc.ca

PO Box 188

Spences Bridge, BC. V0K 2L0

Privacy Rights, Commitments & Obligations

Health Centre will collect, use and share personal information to:

- Identify and contact clients about health care.
- Provide ongoing care.
- Support ongoing care by health care partners.
- Help, plan, monitor and improve services.
- Understand client access for benefits and services.

Employees are obligated to:

- Core values regarding the privacy of client personal information.
- Know and follow Health Centre privacy and security policies and procedures.
- Completing *Privacy & Security Awareness Training* annually.
- Signing the *Confidentiality and Acceptable Use Agreement* annually.

Clients have the right to:

- Ensure the personal information held at the Health Centre is protected and accurate.
- Understand how and why personal information has been used.
- Know how personal information is stored.
- Know the names and organizations of which personal information has been shared.
- To raise privacy complaints regarding the handling or misuse of personal information.

Employees are committed to:

- Empowering clients to know their rights regarding the protection of personal information.
- Recognize the importance of sharing information but does so in a way that protects client confidentiality.
- Ensure any collection of information or reporting does not identify an individual.

Understanding Consent

- The Health Centre uses the *implied client consent model* therefore information will be shared within client's *circle of care*.
- Expressed consent* will be obtained if collecting, using, and disclosing personal information outside of the *circle of care*.

Privacy Officer is committed to:

- Answering inquiries regarding access of personal information.
- Following relevant B.C. privacy law, policy and procedures to ensure health information is well protected.
- Facilitating formal investigations on any privacy issues raised.

Please contact the Privacy Officer to make a request or raise a privacy concern:

(FNHSO) Heskw'en'scutxe Health Services Society
Tina Draney, Privacy Officer
250.458.2212 ext. 103 tina.draney@hssbc.ca

First Nations Health Benefits (Plan W)

Over-the-counter Medications Appropriate for Pharmacist-Initiated Treatment

Condition	Therapeutic Class	Examples of Accepted Products
Acne		Benzoyl Peroxide gel, lotion, wash
Allergic Conjunctivitis	Mast Cell Stabilizers	Sodium Cromoglycate
	Ocular Lubricants	
Allergic Rhinitis	Oral Antihistamines	loratadine, diphenhydramine
	Intranasal Mast Cell Stabilizer	
Bacterial Conjunctivitis and Otitis Externa	Topical Antibiotics	Gramicidin-Polymyxin B, Bacitracin-Polymyxin B
Childhood Nutrition	Multivitamin Tablets and Oral Liquid (for patients up to 6 years of age) Vitamin D Drops and Liquid	
Constipation	Stimulant Laxatives	Bisacodyl, Sennosides
	Purgative	Citric Acid-Magnesium Oxide- Sodium Picosulfate
	Osmotic Agents	Glycerin, Lactulose, Sodium Phosphate, PEG 3350
	Lavage	Macrogol-Potassium Chloride-Sodium Bicarbonate-Sodium Chloride-Sodium Sulfate
	Lubricants	Mineral Oil
	Bulk-forming Agents	Psyllium
Diabetes Mellitus	Skin Wipes	
	Insulin Pump Supplies	Infusion Set, Tubing, Cartridge
	Blood Glucose Testing Supplies	Lancets, Test Strips
	Insulin Supplies	Pen needles, syringes, and syringes and needles
Emergency Contraception		Levonorgestrel (1.5mg dose)
Fungal Infections of the skin and mucosa, including vaginal candidiasis	Topical Antifungals for Vaginal Candidiasis	Clotrimazole, Miconazole
	Oral Antifungals	Fluconazole (150mg dose) (Special Authority required)
	Topical Antifungals for Skin Infections	Miconazole, Nystatin, Tolnaftate
Lice	Pediculicides (Shampoo, Solution, Rinse)	Permethrin, Piperonyl Butoxide-Pyrethrins, Isopropyl Myristate, Dimethicone
Prenatal Multivitamins and Folic Acid Supplements	Multivitamin Tablets	
	Folic Acid Tablet 1mg tablets	

Are you experiencing cold, influenza or COVID-like symptoms?



Currently, it is recommended that anyone with cold, influenza or COVID-like symptoms get tested for COVID-19. If symptoms appear, **self-isolate** and contact a COVID-19 testing site.

[Meskw'en'seutxe Health Services Society \(MHSS\) is here to support you!](#)

COVID-19 Testing Sites

COVID-19 testing sites are available in Ashcroft (250-453-1905), Merritt (250-378-3407), and Kamloops (250-314-2256). Testing is by appointment only (unless you present to the emergency department). *Contact MHSS if you require assistance with scheduling an appointment at a COVID-19 testing site.*

Transportation to COVID-19 Testing Sites

If you cannot get to a COVID-19 testing site on your own, call the BC Ambulance non-emergency line (604-872-5151). It is not recommended that you ask someone who is not part of your household to transport you. *Contact MHSS if you require assistance with calling the BC Ambulance non-emergency line.*

Self-Isolation

You will need to continue to self-isolate while you wait for your COVID-19 test results. During self-isolation, do not leave your home, stay and sleep in a separate room away from other household members as much as possible, use a separate bathroom if you have one, wash your hands often (use a towel to dry your hands that no one else shares), avoid sharing household items, and frequently clean and disinfect high-touch surfaces. If you are in a room with other household members, keep a distance of at least two metres and wear a mask that covers your nose and mouth. *Contact MHSS if you require assistance with picking up medication or shopping for household essentials.*

COVID-19 Test Results

There are many ways that you may be able to access your COVID-19 test results.

1. Sign up to get a negative result by text directly to your cell phone at www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results.
2. Check online on My Health Portal at www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx.
3. Call BCCDC's COVID-19 Negative Results line (1-833-707-2792).

Contact MHSS Nurse Scarleth if you require assistance with accessing your COVID-19 test results.

If you test positive for COVID-19 please self-isolate until the following criteria are met:

- At least 10 days have passed since the start of your symptoms, AND**
- Your fever is gone without the use of fever-reducing medications (e.g., Tylenol, Advil), AND**
- You are feeling better (e.g., improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).**
- If public health provides you with different advice, follow their instructions.**

If you test negative for COVID-19 and

- Your symptoms worsen, contact your health care provider or call 8-1-1.**
- You have symptoms of illness, continue to isolate until your symptoms resolve.**
- You are a contact of COVID-19 case, continue to self-isolate for 14 days from your last contact.**
- You are a traveller returning to Canada, you must continue to isolate for 14 days from arrival back in B.C.**

Cold, influenza or COVID-like symptoms:

- **Fever**
- **Chills**
- **Cough**
- **Sneezing**
- **Runny nose**
- **Sore throat**
- **Loss of smell and taste**
- **Shortness of breath**
- **Chest pain**
- **Headache**
- **Aches, muscle pain**
- **Fatigue**
- **Vomiting**
- **Diarrhea**
- **Swollen toes**

Testing is done by appointment only,

to book an appointment please contact your local

Health Centre/Hospital:

Location	Booking	Dates/Times	Address	Phone Number (leave message)
Lytton FNHA nurses	by appt only	M-F 1:00pm-2:00pm	1535 St. Georges Rd	250-455-2715
Lillooet FNHA nurses	by appt only	M-F	296 Main St. Lillooet	250-256-7017
St. Bartholomew's Hospital—in ER	by appt only	M, W, F 11:00-12:00pm	575A Main St. Lytton	250-455-2221
Lytton First Nation Lisa Colwell	by appt only	M, T, W 8:30—2:00pm	To be booked	250-256-8182
Ashcroft Hospital & Community Health Centre	by appt only	M, W, F 1:00 -2:00pm	700 Hwy 97C	250-453-1905
Nicola Valley Hospital and Health Centre	by appt only	M, W, F 12:45pm-2:15pm	3451 Voght St. Merritt	250-378-3407
Lower Nicola Health Irene Howe Rainbow Acoby	by appt only	T & Th 9:30am—1:30pm	To be booked	250-378-4089
Scw'exmx Community Health—Rose Dionne	by appt only	M-F 9am—1pm	Tailgate test at home/ Drive-in 2090 Coutlee Ave	250-378-9745
Nlaka'pamux Health Terri Stockwell	by appt only	To be booked	To be booked	250-315-7120

BE PREPARED WITH A HEALTHY PRODUCE BAG AND COVID-19 ESSENTIAL SUPPLIES

BE PREPARED (COVID-19)

PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



SHOPPING LIST

FOOD

- dried pasta and rice
- pasta sauces
- canned soups, vegetables and beans
- pet food

HYGIENE

- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

HEALTH CARE

- thermometer
- fever-reducing medications (acetaminophen or ibuprofen for adults and children)

CLEANING

- paper towels
- plastic garbage bags
- dish soap
- laundry detergent
- household bleach
- household cleaning products

The Healthy Food Bag program will start again from October to March 2021.

Watch out for extra supplies in your October bag as we are adding a Covid-19 delivery of essential supplies, mostly cleaning items. Watch out for the delivery date to be announced later this month.

On the left is the list of basic supplies we recommend you have in your home for the fall and winter season.

Bring this list when you go out shopping.



FOR MORE INFORMATION ON COVID-19

1-833-784-4397

@ canada.ca/coronavirus



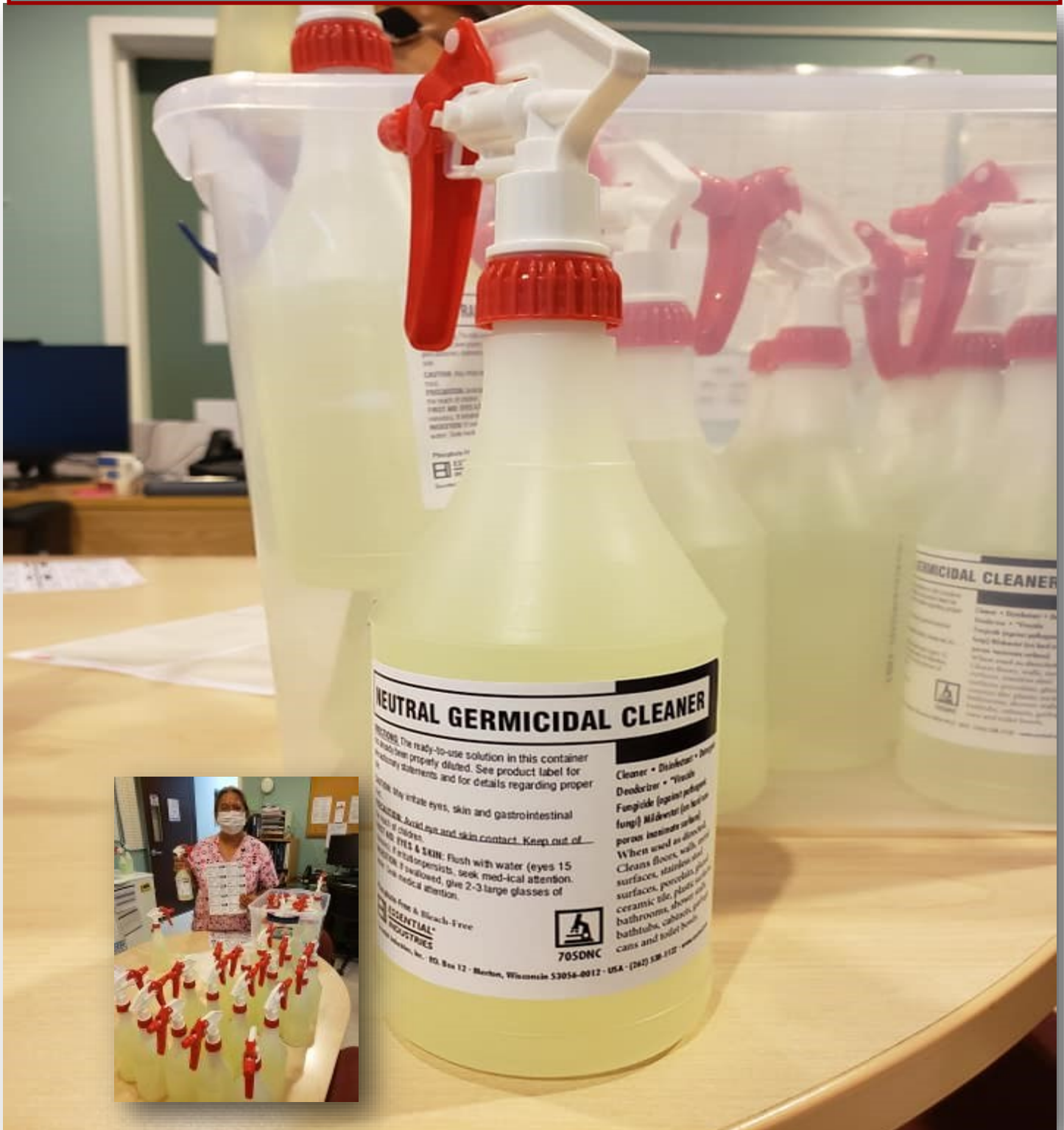
Public Health
Agence de la Santé
du Canada

Agence de la santé
publique du Canada



Is it time to refill your Neutral Germicidal Cleaner Spray Bottle?

Call our offices or knock at the door during business hours and we will happily refill at no charge.



Resource Numbers



Emergency Assistance

Ambulance/Fire/Police.....911
RCMP.....250-455-2225
Children's Hotline.....310-1234
Kid's Helpline.....1-800-668-6868
Interior Crisis Line Network 1-888-353-2273
(depression, poverty, abuse, homelessness,
suicide)

Distress Centres & Services

Air or Marine Emergency 1-800-567-5111
Airport/Coastal Watch programs
1-888-855-6655
Alcohol & Drug Referral 1-800-663-1441
Child Find BC
1-888-689-3463
Earthquake, Flood, Dangerous Goods Spills,
Tsunami
1-800-663-3456
Provincial Emergency Program Information
250-371-5240
For Reporting Environmental Violation &
Dangerous Wildlife/Human Conflicts
1-877-952-7277
Forest Fire Reporting Only
1-800-663-5555
Gas Leaks & Odours (Fortis BC Inc.)
1-800-663-9911
Missing Children Society of BC
1-800-661-6160
Power Outages & Emergencies
1-888-769-3766/*49376
Problem Gambling Help Line – 24hrs
1-888-795-6111
Quit Now! Smoker's Helpline
1-877-455-2233
Suicide Distress Line
1-800-784-2433

VictimLINK – 24 hr Help & Information Line
1-800-563-0808
Y Women's Emergency Shelter
250-374-6162
Youth Against Violence Line
1-800-680-4264

Hospitals

Ashcroft
700 Ash-Cache Creek Hwy, Ashcroft
250-453-2211
Blue River Health Centre
858 Main Street, Blue River
250-673-8311
Dr. Helmcken Memorial Hospital
640 Park Dr., Clearwater
250-674-2244
Nicola Valley Health Care Centre
3451 Voght Street, Merritt
250-378-2242
Royal Inland Hospital
311 Columbia Street, Kamloops
250-374-5111
St. Bartholomews Health Centre
575 A Main Street, Lytton
250-455-2221
Lytton Medical Clinic
250-455-2202

First Nations Health Authority
Interior Region Mental Health and Wellness:
Quick Reference Support Lines



Mental Health and Crisis Support Lines

Hope for Wellness Helpline: 1-855-242-3310
Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Indian Residential School Survivors Society
1-604-985-4464/toll-free: 1-800-721-0066

KUU-US Crisis Line Society at 1-800-588-8717
Toll Free Aboriginal provincial crisis line operates 24 hour

Tsow-Tun Le Lum Society: 1-250-268-2463
24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and /or residential school survivors

Addictions and Substance Misuse Supports

Kids Help Line – 1-800-668-6868
Adults Help Line – 1-800-663-1441
Health Link BC 811
MHSU Interior Health 1-888-353-2283

Domestic Violence or Abuse

If you are in immediate danger call 911

Domestic Violence Help Line at 1-800-563-0808
(free, confidential, 24/7, service in multiple languages)

VictimLinkBC at 1-800-563-0808 toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

KUU-US Crisis Line Society at 1-800-588-8717
Toll Free Aboriginal provincial crisis line operates 24 hour

Hope for Wellness Helpline: 1-855-242-3310 Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Support for Children and Youth

Kids Help Phone: 1-800-668-6868
Helpline for Children in BC: 310-1234

KUU-US Crisis Line Society Child and Youth Crisis 1-250-723-2040 or toll free 1-800-588-8717 crisis line operates 24 hour

For online resources for Mental Health:

First Nation Health Authority Mental Health and Substance Use:
<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

Canadian Mental Health Association
<https://cmha.ca/>

First Nation Health Authority /novel coronavirus (COVID-19)
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

If you or someone you know is struggling to maintain Mental Wellness you can reach out for support to either to a hotline, a Mental Health Counsellor Clinician, a Doctor, Health Care Provider or Nurse Practitioner in your area.

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

Ricardo Pickering, MC (Counselling Psych), RP, CCC

Mental Wellness Outreach Clinician

Cell: (250) 842-8552

ANNOUNCEMENT:

Ricardo Pickering is no longer employed by our Society but will work with anyone in need. Please call him directly to discuss and book an appointment.



Nlaka'pamux Mental Health Services

Elizabeth Perdock-Waboose BHSc. M.Ed. CPCCC

Mental Health and Addictions Clinician

Elizabeth comes to both offices by appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772 ext 108 Mobile: 250 378.7596

Email: perdok-wabose.e@nlxfn.com



Nlaka'pamux

Mental Health Services

Wanda Dexel

Mental Health and Addictions Clinician

Elizabeth comes to both offices by appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772 ext 109 Mobile: 250 378.7631

Email: dexel.w.e@nlxfn.com



Nlaka'pamux Mental Health Services

Vincent Abbott, Drug & Alcohol Counsellor

Vincent is in CF every Wednesday (see calendar insert)

Please call him directly to book your appointment or drop in for a visit.

Office: 250 378.9772 Mobile: 778 254.0055

Email: abbott.v@nlxfn.com



At Heskw'en'scutxe Health Services Society we will pick up your sharps containers for safe disposal.

If you need a container picked up call one of our offices to arrange.

Cook's Ferry: 250-458-2212

Siska: 250-455-6601



Flu Shot Clinics October 22 & 23, 2020

We are so very pleased to announce that Nurse Scarleth has administered flu vaccines to over 100 community members in the past two weeks.

The flu clinics were very successful in both communities even with the large snowfall overnight on the 22!

We were also able to fill out more Meditech forms with our clients and Ashley and Clarissa both took blood sugars and pressure on clients that volunteered to take the tests.

Thank you for coming. Now that the Society has Panorama, we will be updating all our immunization records and will be contacting the ones that need boosters including children and adults.

Read below what is Panorama!

Panorama has been launched at HHSS!

Panorama (an integrated, electronic public health record that supports the management of communicable diseases, outbreaks, immunizations and inventory) is now in place at HHSS! Another positive step in developing capacity by BC First Nations to take control of their electronic health data.



Healthy Food Bags are back for another season!

75 bags were delivered on Thursday October 15, 2020. For this time only, we also added a bag of basic essential supplies to help you with the Covid-19 pandemic.

We inserted in your bag a form to fill out in order to receive a bag. Please note that in order to receive another bag, all homes must hand in their form. Unfortunately, we will not deliver a bag until we receive your form.

Next delivery will be Thursday November 19, 2020. Unless there are unforeseen events, food bags will be delivered the 3rd Thursday of the month until March 2021.

If you are not home on that day, please let us know as we will not leave a bag outside unless we have been authorized by you to do so. Bags that cannot be dropped off will be brought back to the office and we will ask you to pick it up.

Thanksgiving special with pumpkins



REMEMBER TO FILL OUT
YOUR FORM BEFORE THE
NEXT DELIVERY ON NO-
VEMBER 19, 2020



Don't care for something in your bag? That's o.k. we understand. We encourage you to practice your culture by trading or giving away the produce or item that you will not use. Who knows, by doing this you may gain a new friend!

Together, let's #ThinkDigitalHealth

WHAT IS DIGITAL HEALTH?

Digital health, which includes digital care programs, is the convergence of digital technologies with health, healthcare, living, and society to enhance the efficiency of healthcare delivery and make medicine more personalized and precise.

Digital Health Week (November 16-22) is an annual celebration and recognition of how digital health is transforming the delivery of care across Canada as more and more of our health care system becomes digital.

In a turbulent 2020, we have shown we are resilient and innovative. Adoption of digital health tools—from virtual consultations to new apps to access to your personal health information—has accelerated. As a result, people across the country have been able to access the care they need, and digital health will continue to play an important role in a brighter future.

Digital Health Week 2020 is the time for Canadians to celebrate this progress and show their support for digital health. We invite Canadians to join the conversation, continue learning about digital health.

Benefits of Digital Health

Do you know that 1 in 3 visits with your doctor are now virtual?

83% of users are happy with the services delivered this way.

Access to personal health information is available 24/7 to better manage your health and wellness.

Enables your health care team to have quick access to your health information, reducing wait times.

Call our offices to inquire if your health is digitally set up!

TRICK OR TREAT FNHA RECOMMENDATIONS

As Dr. Bonnie Henry announced this week, it is still possible for children to trick-or-treat safely as long as recommendations are followed. We ask that children stay with their bubble in their local neighbourhood and trick-or-treat in very small groups. Ideally, there would be one guardian for one or two children as your group (to a maximum of six people) travels around your own block while maintaining physical distancing from others. Following are more tips:

If you and your children will be trick-or-treating:

- **Don't** go out in a large group, and definitely avoid crowded trick-or-treating areas— where many people are gathered, there is a “super spreader” risk.
- **Do** incorporate a mask into your child's costume. There are many ways to use a mask while letting Halloween-costume-making creativity shine.
- **Don't** let your child dig into bowls of loose candy. You don't want them touching things that may also be touched by many other people.
- **Do** bring hand sanitizer – and use it frequently.
- **Don't** crowd a doorway with other trick-or-treaters. Have your children wait their turn to walk to the house so that they can practise safe physical distancing.

If you're handing out candy to trick-or-treaters:

- **Do** have a table set up with pre-arranged candy so children can grab what they need without reaching into a bowl. If possible, set up closer to the road and not at your doorway.
- **Don't** give out any candy that isn't packaged.
- **Do** get creative in thinking of ways to hand out candy while practising safe physical distancing. You may be able to use a small bag of candy at the end of a hockey stick or a pole.
- **Don't** give out candy if you're not feeling well. Stay inside!

Halloween parties:

Please skip the parties this year. Indoor gatherings, whether large or small, put people at unnecessary risk of contracting COVID-19. Instead, watch a spooky movie, decorate your house, or participate in a social gathering online.

If you do hold a party, keep it small and keep it in your bubble (with six people maximum):

- **Don't** let people drop in, even if it might seem rude.
 - **Do** follow the BC Centre for Disease Control recommendations on hosting safer celebrations and ceremonies.
- **Don't** pass around snacks, drinks, smokes or vapes.
- **Do** avoid any Halloween decorations or props (like smoke machines) that could cause people to cough.

Movember brings awareness to Prostate Cancer

EARLY DETECTION IS KEY.

The difference between early detection and late detection can be life and death.

HERE'S WHAT YOU NEED TO DO, AND WHEN.

When you're

50.

You need to have a conversation with your doctor about PSA testing.
If you're of African or Caribbean descent, do it at

45.

If you have a family history, do it at

45.

Your risk of developing prostate cancer increases with age, but that doesn't mean it's a disease that only affects old men. Prostate cancer is the second most common cancer in men worldwide. Men who are of African or Caribbean descent, and men who have a family history (a brother or father with prostate cancer), are 2.5x more likely to get prostate cancer.

WHAT'S A PSA TEST?

It is a simple routine blood test.

It is used to determine the measurement of Prostate Specific Antigen (PSA) concentration in the blood, it is the primary method of testing for prostate cancer. You should be talking to your doctor about whether testing is right for you.



THE FACTS ABOUT PROSTATE CANCER

Only men have a prostate gland. The prostate gland is usually the size and shape of a walnut and grows bigger as you get older. It sits underneath the bladder and surrounds the urethra, which is the tube men urinate and ejaculate through. Its main job is to help make semen – the fluid that carries sperm.

Prostate cancer occurs when some of the cells in the prostate reproduce far more rapidly than normal, resulting in a tumor. Prostate cancer often grows slowly to start with and may never cause any problems. But some men have prostate cancer that is more likely to spread. These prostate cancer cells, if left untreated, may spread from the prostate, and invade distant parts of the body, particularly the lymph nodes and bones, producing secondary tumors in a process known as metastasis.

Detecting prostate cancer

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer.

Signs and symptoms

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs

Treating prostate cancer

Treatment options are many and varied. Testing still can't answer lots of key questions about disease aggression, prognosis and progression.

If you have been diagnosed with prostate cancer, it's important to keep in mind that many prostate cancers are slow growing and may not need surgery or other radical treatment.

Treatment options include:

Active Surveillance

Prostatectomy
Radiotherapy
Hormone Therapy
Chemotherapy

Choosing a treatment for prostate cancer

Aim to be ok with the treatment decision you make, take risks and benefits into consideration.

Learn what you can, make use of the quality services and resources available. When making treatment decisions the following is recommended:

Make a decision after a treatment recommendation from a multi-disciplinary meeting (where available). This meeting would ideally consist of input from the following specialists: urologists, radiation oncologists, medical oncologists, radiologist, nursing and allied health.

Seek a second opinion for a recommended treatment option that is right for you, from both a urologist as well as a radiation oncologist.

Enquire as to whether a specialist is part of a quality improvement audit, such as a registry.

Utilize the cancer support services available in your country to increase your levels of information and understanding around treatment options, and potential side effects. Approach your GP if you have concerns or want a second opinion.

THE RULES

1. ONCE REGISTERED AT MOVEMBER.COM EACH MO BRO MUST BEGIN THE 1ST OF MOVEMBER WITH A CLEAN SHAVEN FACE.
2. FOR THE ENTIRE MONTH OF MOVEMBER EACH MO BRO MUST GROW AND GROOM A MOUSTACHE.
3. THERE IS TO BE NO JOINING OF THE MO TO YOUR SIDE BURNS. THAT'S CONSIDERED A BEARD.
4. THERE IS TO BE NO JOINING OF THE HANDLEBARS TO YOUR CHIN. THAT'S CONSIDERED A GOATEE.
5. EACH MO BRO MUST CONDUCT HIMSELF LIKE A TRUE GENTLEMAN...

MOVEMBER.COM

SVNS 6 week Health Challenge

Registration starts October.26th – Sign up & weigh in

Ends October.27th at 4pm

Challenge Start Date October.28th 2020

Challenge Ends December.9th 2020 – Weigh in ends at 4pm



Categories	Register Free	Prizes
Golden Age 38 years & up	\$20	1 st place – 50% of prize money of category 2 nd place – 30% of Prize money of category 3 rd place – 20% of prize money of category
Middle Age 19 to 37 years	\$25	1 st place – 50% of prize money of category 2 nd place – 30% of Prize money of category 3 rd place – 20% of prize money of category
Teen 12 years to 18 years	\$10	1 st place – 50% of prize money of category 2 nd place – 50% of prize money of category 3 rd place – Mystery Prize

Prizes are based on how many participants.

Due to Covid-19 please call the office 250-455-2522

To arrange a time to come weigh in. Thank you.

Everyone is welcome to come & join 😊



First Nations Health Authority
Health through wellness

Do you need to see a doctor?

Introducing the First Nations Virtual Doctor of the Day



The First Nations Health Authority (FNHA) has launched a new program to enable more First Nations people to access primary health care closer to home – or in this case – actually in the home!

The First Nations Virtual Doctor of the Day program is for First Nations people and their family members who do not have access to a doctor or who may have lost access due to the COVID-19 crisis.

About the doctors

Each doctor who participates in the First Nations Virtual Doctor of the Day program is evaluated by an adjudication committee in partnership with the Rural Coordination Centre of BC. Doctors need to apply and be accepted into the program. Priority is given to doctors of Indigenous ancestry and doctors with positive working relationships with First Nations people and their families. All participating doctors are trained to follow the principles and practices of cultural safety and humility.

How to set up an appointment

If you do not have a doctor or nurse practitioner or you cannot connect with your usual care provider, call 1.855.344.3800 to book an appointment with the First Nations Virtual Doctor of the Day.

A Medical Office Assistant will connect you to a doctor using the Zoom video conferencing app. It is best if doctors can see patients using video conferencing. However, if a person has no internet access, or does not have safe access to a computer or mobile phone, the program can arrange for a phone appointment.

The free service is available seven days a week from 8:30 a.m. - 4:30 p.m.

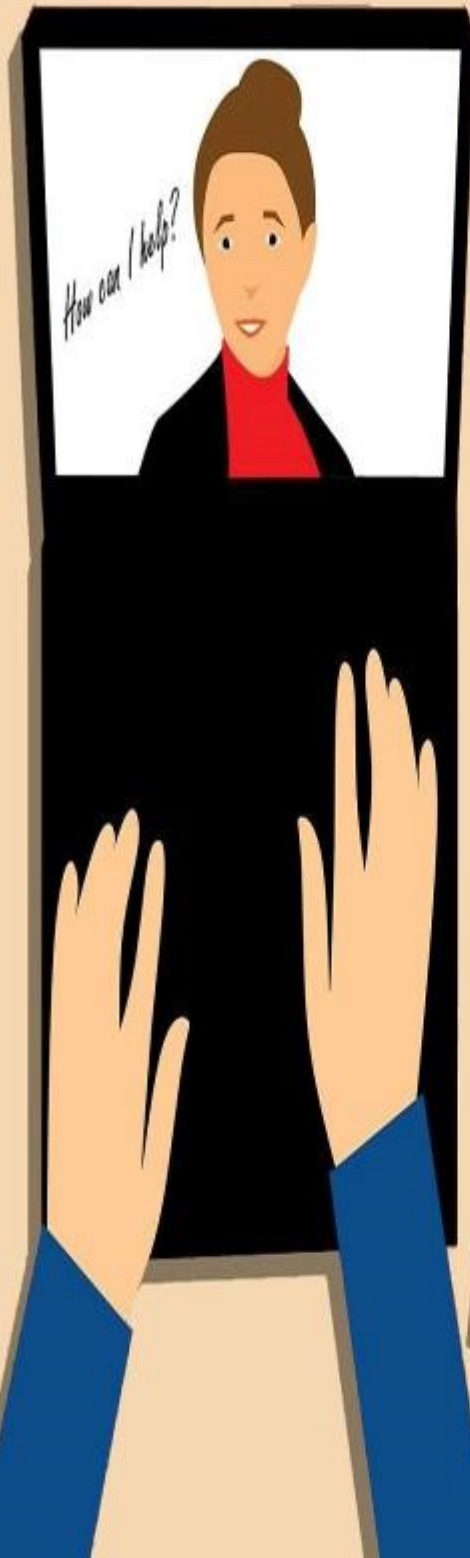
To allow those in greatest need to access the service, the FNHA encourages clients with existing primary care providers to continue to connect with those providers.

To learn more about the program before making an appointment, visit fnha.ca/virtualdoctor

All First Nations Citizens in BC

VIRTUAL DOCTOR OF THE DAY

Rural Coordination
Centre of BC



Need to see a doctor?

Book your virtual appointment

1 855 344 3800

7 days a week

8:30am-4:30pm



***You will need:**

- laptop
- tablet
- or smartphone
- internet connection

telephone-only is also available



First Nations Health Authority
Health through wellness

What should I do if I am in a car accident?

10 steps to follow if you have been in a car accident

1. **Stop.** Never leave the scene of an accident. If the [other driver leaves](#), write down their licence plate number so the authorities can locate them. Take a picture or video, if necessary.
2. **Stay calm.** Confirm no one is hurt, then check for damage. You might be pressured at the scene to make snap decisions, but don't let that happen. Take the time you need to assess the situation.
3. **Check surroundings.** Watch for oncoming traffic and turn on your hazard lights to warn them. If possible, set up flares or reflectors to warn oncoming traffic.
4. **Call for help.** If the accident is serious, call 911.
5. **Address injuries.** Keep injured people warm and don't move them unless they're in immediate danger.
6. **Gather info.** Once you know everyone's okay, or emergency help is on the way, gather information to file an accident report using the [collision checklist](#). Collect information, including:
 - Each driver's name, licence plate number, insurance company name and policy number
 - The types of vehicles involved
 - The location of each vehicle
 - Names of passengers and witnesses
7. **File a report.** Call the police to file an accident report, even for a minor incident. Rules on how and when to report can vary; check with your municipality.*
8. **Take pictures.** Include damage to vehicles, all vehicles in the accident, the scene of the accident, the other driver(s) and passengers.
9. **Move your vehicle.** If you can do so safely, get it out of the flow of traffic. If it's too damaged to drive, have it towed.
10. **Limit discussion.** [Try not to talk](#) about the accident with the other driver, including apologizing to them. Only discuss the accident with the police and your insurance company.

My Favorite Spaghetti Squash



SERVES

9

SERVING SIZE

1/2 cup

COOK TIME

1 Hr

One bite of this veggie side dish and everyone at the table will be saying "This is My Favorite Spaghetti Squash!" If you're unfamiliar with spaghetti squash recipes, this is definitely the place to start. We've made this low-carb dish a little cheesy, a little creamy, and a lot flavorful, so that everyone at the table will enjoy!

What You'll Need

- 1 spaghetti squash
- 1/2 cup reduced-fat sour cream
- 1 egg, lightly beaten
- 1 tablespoon minced garlic
- 1/4 teaspoon dried Italian seasoning
- 1/4 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup reduced-fat shredded cheddar cheese

What to Do

- .. Place spaghetti squash in a soup pot with an inch of water. Cover and bring to a boil over high heat. Cook 25 to 30 minutes, or until a knife can be inserted into the center. Remove from pot and cool slightly. Cut squash in half lengthwise, remove seeds, and using a fork, scrape out strands of squash.
- !. Preheat oven to 400 degrees F. Coat a 1-1/2-quart baking dish with cooking spray.
- }. In a large bowl, combine 3 cups squash and remaining ingredients; mix well. Place mixture in baking dish.
- l. Bake 35 to 40 minutes or until browned on top and heated through.

Stuffed Mini Peppers



SERVES

10

SERVING SIZE

2 pepper halves

COOK TIME

30 Min

If you're a fan of those full-sized peppers stuffed with beef and rice, then you're going to love this bite-sized version. Our Stuffed Mini Peppers are perfect for a party snack or friendly get-together 'cause they can be picked up and eaten in just one bite!

What You'll Need

- 1/2 pound extra lean ground beef
- 1/2 cup cooked white rice
- 1/2 cup salsa
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 pound (about 10) mini sweet peppers, cut in half and seeds removed
- 1/4 cup reduced fat, shredded, Cheddar cheese

What to Do

1. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. In a medium bowl, combine beef, rice, salsa, onion powder, garlic powder, and black pepper; mix well.
3. Evenly spoon meat mixture into mini peppers. Place on baking sheet and cover with foil.
4. Bake 25 to 30 minutes, or until meat is no longer pink. Sprinkle with cheese and bake 3 more minutes, or until cheese is melted.

NURSES AND DIABETES

The theme of World Diabetes Day 2020 is **The Nurse and Diabetes**. The campaign aims to raise awareness around the crucial role that nurses play in supporting people living with diabetes.

According to the World Health Organization (WHO)*:



Nurses accounts for **59% of health professionals**

The global nursing workforce is 27.9 million, of which **19.3 million are professional nurses**

The global shortage of nurses in 2018 was **5.9 million**. 89% of that shortage is concentrated in low- and middle-income countries

The number of nurses trained and employed **needs to grow by 8% a year** to overcome alarming shortfalls in the profession by 2030.

WHO estimates that the total investment required to achieve the targets outlined in the Social Development Goals (SDGs) by 2030 stand at 3.9 trillion USD – 40% of which should be dedicated to **remunerating the health workforce**.

Investing in the health workforce also has the capacity to impact other SDGs on eradicating poverty, ensuring inclusive and equitable education, achieving gender equality through the employment and empowerment of women, and promoting decent work and sustainable and inclusive economic growth.

IDF is speaking to policy-makers and nurses directly about the steps that can be taken to ensure health professionals are best prepared to support people living with diabetes in their communities – through better education and funding.

NURSES: MAKE THE DIFFERENCE FOR DIABETES



As a highly valued member of the community, nurses do outstanding work to support people living with a wide range of health concerns. People who either live with diabetes or are at risk of developing the condition need their support too.

People living with diabetes face a number of challenges, and education is vital to equip nurses with the skills to support them. IDF wants to facilitate opportunities for nurses to learn more about the condition and receive training so that they can make a difference for people with diabetes.

DIABETES: NURSES MAKE THE DIFFERENCE

As the number of people with diabetes continues to rise across the world, the role of nurses and other health professional support staff is becoming increasingly important in managing the impact of the condition. Nurses are often the first and sometimes only health professional that a person interacts with and so the quality of their initial assessment, care and treatment is vital.

Nurses play a key role in:

Diagnosing diabetes early to ensure prompt treatment.

Providing self-management training and psychological support for people with diabetes to help prevent complications.

Tackling the risk factors for type 2 diabetes to help prevent the condition

There remains a significant need for more education and funding to equip nurses around the world with the skills to support people living with diabetes and those at risk of developing type 2 diabetes.

Covid-19 and Sex (Article extracted from BC Centre for Disease Control)

If you're feeling fine and have no symptoms of COVID-19, you can still have sex. If you're feeling sick, skip sex.



Sex can be very important for mental, social and physical well-being; it is a part of everyday life. People can, will and should continue to have sex during the COVID-19 pandemic. Messages that discourage or shame people from sexual contact can be harmful and may discourage people from seeking essential sexual health services. **How Covid-19 Spreads You should always make informed and consensual decisions about sex.** This resource offers some tips and strategies to help reduce the spread of COVID-19 to you, your partner(s) and your community. The COVID-19 virus is spread by liquid droplets in saliva and respiratory (breathing) fluids when a person coughs, sneezes and, sometimes, when a person talks or sings. It can be spread to people who are within 2 metres (about 6 ft) of a person with the virus if the droplets are inhaled (breathed in) or land in the mouth or nose of someone nearby - whether you are engaged in sexual activity or not. It can also be passed by touching contaminated surfaces and then touching the face, eyes, nose, or mouth. The virus has been found in semen and feces (poop). It is not yet known if the virus is found in blood or internal genitalia/vaginal fluids. It is not yet clear if the virus can be transmitted through sex. **You** are your safest sex partner; your next-safest sex partner(s) is/are the person(s) you live with, or the person(s) who has close contact with only you and no one else. **Note: HHSS has condoms available for all in their offices.**

Congratulations Ashley!

Hello my name is Ashley, and I have been an HCA with HHSS going on three years and I would like to share with the communities that I have taken on another role as CHR alongside Annette Albert. I am looking forward to expanding further into the organization and connecting members through health, wellness, cultural events and outings.



Home Care Aid/Community Health Rep Ashley Loring-Earl



Footcare with LPN Suzanne Marcel

Licensed Practical Nurse



Cook's Ferry

Tuesday November 24, 2020 Note: Cook's Ferry Clinic

Siska

Friday, December 4, 2020 Note: Siska Clinic

All existing clients will be contacted to book an appointment. Clients will be asked to wear masks and will be called the day before with a health check questionnaire.

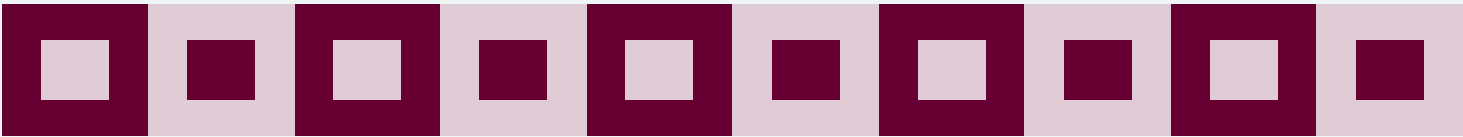
A personal **foot care nurse** completes the daily tasks that allow for the treatment and prevention of **foot health** issues related to diabetes and other diseases. They serve as a valuable resource for information that helps patients manage their health.



Give your Feet the Proper Care they Deserve!

- ✿ Diabetic Foot Care Assessment
- ✿ Corn and Callous Reduction
- ✿ Fungal and Thick Nails
- ✿ Therapeutic Foot Massage
- ✿ Cracked Heel Care
- ✿ Warts
- ✿ Ingrown Nails
- ✿ Therapeutic Foot Massage
- ✿ Waxing
- ✿ Foot Care for Athletes





RESTORATIVE MASSAGE WITH KATHRYN YOUNG (RMT)

Siska

Tuesday, November 17, 2020

Cook's Ferry

Wednesday, November 18, 2020

We will contact you to book appointments. Please note that you will be required to wear a face mask and will not be permitted to use the buildings washrooms. You will be called the day before to answer a pre-screening health questionnaire.

REFLEXOLOGY WITH HEIDI MCCALL Certified Advanced Reflexologist

Cook's Ferry

Thursday, November 5, 2020 & Tuesday, November 17, 2020



Siska

Friday, November 6, 2020 & Wednesday, November 18, 2020

MASSAGE THERAPY FOR MENTAL WELLNESS

Although researchers don't know exactly why **massage therapy** has such marked **benefits** for depression, anxiety and other **mental** disorders, it's believed that it reduces levels of the stress hormone cortisol in the body, lowers blood pressure and heart rate and increases serotonin and oxytocin levels.



HHSS BOARD	HHSS STAFF	Cook's Ferry	Siska
<p>Lorette Edzerza Chairman Director Cooks Ferry Band Appointed</p> <p>Angela Phillips Director Siska Indian Band Appointed</p> <p>Florine Walkem Director Cooks Ferry Band Appointed</p> <p>Samantha Gush Director Siska Indian Band Appointed</p>	<p>Tina Draney Acting Health Manager Finance tina.draney@hhssbc.ca Ext:103</p> <p>Corynn Reveley Siska Receptionist Ext: 201</p> <p>Nadine Methot Cook's Ferry Health Administrative Assistant / Medical Transportation Clerk Ext: 101</p> <p>Scarleth Zwez-Ruiz Home & Community Care Nurse / Community Health Nurse scarleth.zwez-ruiz@hhssbc.ca Ext: 101</p> <p>Clarissa Frederick Community Home Care Aid clarissa.frederick@hhssbc.ca Ext 303</p> <p>Ashley Loring Earl Community Home Care Aid / Community Health Representative ashley.loring-earl@hhssbc.ca Ext: 302</p> <p>Annette Albert Community Health Representative COHI Healthy Food Bags annette.albert@hhssbc.ca</p> <p>Danielle Munro Custodian / Transportation Support Danielle.munro@hhssbc.ca</p>	<p>Box 188 3691 Deer Lane Spence's Bridge, BC V0K 2L0</p> <p>Phone (250) 458-2212</p> <p>Fax (250) 458-2213</p> <p>Client Toll Free 1-866-458-2212</p> <p>Email nadine.methot@hhssbc.ca</p>	<p>163 Loop Road Siska, BC V0K 1Z0</p> <p>Phone (250)455-6601</p> <p>Fax (250) 455-6608</p> <p>Client Toll Free 1-844-255-6601</p> <p>Email corynn.revely@hhssbc.ca</p>
<p>Follow us @ heskw'enscutxe</p>			
			



HALLOWEEN PHOTO CONTEST



BEST DECORATIONS

BEST COSTUME



HOW TO ENTER:

1. Decorate house or put on cool Halloween costume or both.
2. Take picture
3. Send us your picture, by dropping off at one of our office in Siska or Cook's Ferry; messaging Hhss Nadine or Corynn Hhss on FB; or emailing admin@hhssbc.ca
4. Deadline to submit is November 2, 2020.
5. Winners will be announced on FB November 5, 2020

PRIZES:

FIRST PRIZE: \$50 GIFT CARD
 SECOND PRIZE: \$25 GIFT CARD
 THIRD PRIZE: SURPRIZE





CLOSED
FOR STAFF
DEVELOPMENT!

November 3 and 4, 2020

Heskw'en'scutxe Health Services Society Employees
will be doing a 2-day training with
Leslie Williamson on Team Building.

Our offices will be closed to the public, however
Meriel Barber will be answering phone calls.

Please note that Reflexology will be on Thursday in Cook's Ferry
and Friday in Siska due to conflict scheduling.

Thank you for your understanding